

MOT more of this
LOT less of that

Beef and Vegetable Stew

Beef that falls apart with vegetables that don't in a rich, warming stew

Serves: 4

Prep and Cook time: 3-4 hours

Ingredients

2 tablespoons extra-virgin olive oil
2 lbs beef stew meat, cut in cubes
½ medium yellow onion, chopped
2 medium carrots, peeled and chopped
2 medium ribs celery, chopped
1 small sweet potato, chopped
2 cloves garlic, minced
½ teaspoon each dried oregano, thyme, rosemary
4 cups (32 ounces) beef broth
Salt and pepper to taste
2 bay leaves
1 cup chopped green beans

instructions

1. Heat a large dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Season beef with salt and pepper.
4. Add the seasoned beef to the pot in a single layer (you'll likely need to work in batches) and cook until browned on all sides, about 5 minutes per batch. Add additional oil as needed between batches.
5. Remove all beef to a bowl and set aside.
6. Add carrots, onion, celery, and garlic to pan and cook till soft, about 8 minutes.
7. Add beef broth and beef back to pan along with the bay leaf and sweet potato and green beans.
8. Bring to a boil, reduce to a simmer, and cover.
9. Cook over low heat, partially covered, for 2 hours or until beef and vegetables are tender.

Mary-Beth says: "I started adding sweet potatoes to this stew a while back and really enjoy the extra flavor and vitamins they provide."